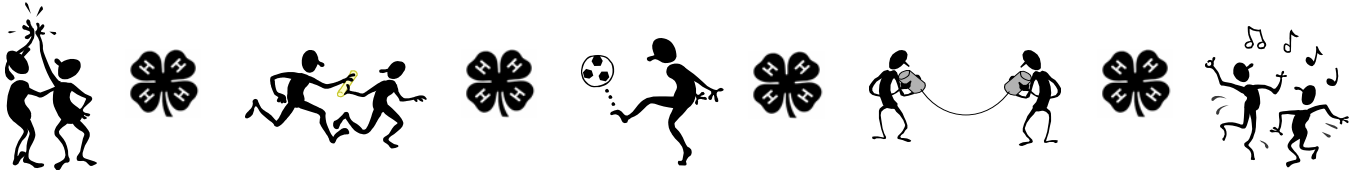




Ohio 4-H Cloverbud Connections



Summer 2006 Issue

For 4-H Cloverbud Volunteers working with grades K-2

Recreation 4-H Style: Learning from Experience

Recreation has always been an important part of 4-H and is even more so today with concerns about childhood obesity. Now more than ever American youth need to get active. Obesity rates are soaring and youth's activity rates are declining. It is hard to compete for attention with the latest video game, but youth at this age need to develop good habits for active recreation.

We have also found that youth often lack skills in organizing and playing games independently. In lots of settings, large group games can get youth active while also helping them learn new skills. Cloverbuds is a great place for youth to get active and learn group skills!

Self-determination is one of the Key Elements that we strive to provide in 4-H activities. Recreation is a prime opportunity for youth to make choices and develop group skills. Choices are being made constantly. Which team do I want to be on? What should I do next? How can I get better? Many times our programs are structured so that youth have few or limited choices based on the focus of the program. Youth need this structure. However, they also need to have opportunities to make their own choices.

What works?

Based on our experiences, the following group games rank towards the top:

- ⊙ Kickball – The ultimate “many kids, few adults” game where mixed ages can all shine.
- ⊙ Foursquare – This lower activity game moves fast and keeps a nice sized group engaged.
- ⊙ Garbage Game – Take any old combination of balls, string, flags, etc. The group makes up a game and defines a set of rules.

Making it 4-H Style (Learning by Doing)

- ≈ Have caring adults or teens facilitate the recreation experience.
- ≈ Go beyond the mediator role - help youth make decisions and learn from the results.
- ≈ Ask questions (What did you learn? What should you do differently?)
- ≈ Provide individual support that develops a positive relationship with the young person and guides their growth.

Get your Cloverbuds ACTIVE to build social and physical skills!

*Graham Cochran & Nate Arnett
Extension Educators, 4-H Youth Development
Ohio State University Extension, Adventure Central – Dayton, Ohio*

Click it, Print it, Do it!

www.cloverbudconnections.osu.edu

Are you looking for an activity to help your Cloverbuds learn about nutrition and physical activity? Check out the resources provided in the Click it, Print it, Do it activity. Instructions are included for a “Fitness Scavenger Hunt” that you can do at your next Cloverbud meeting.

Coffee Filter Flowers with a Recycled Vase

It is summertime and flowers are popping up everywhere! Bring the flowers inside with this great arts and craft activity. Create a single flower or go wild and make a bouquet of beautiful flowers. Follow the easy steps and complete this activity in 15 minutes with your 4-H Cloverbuds!

Materials Needed for Coffee Filter Flowers:

Coffee Filters	Construction Paper (2 pieces per child)
Wide-tip Markers	Tape or Stapler
Bendable Straws or Green Pipe Cleaners	Glitter (optional)
Spray Bottle with Water	

Instructions:

Step 1: Place the coffee filter on construction paper and begin scribbling on the filter with the wide-tip markers. (Note: Scribbling is best, not coloring)

Step 2: Once scribbling is done, spray the filter with water (about 4 squirts). Make sure to lightly spray the entire filter but don't soak the coffee filter. Because the coffee filter is so absorbent, the colors will bleed together.

This is a great moment to show Cloverbuds how the colors from the markers are "moving" across the filter. Ask the Cloverbuds what makes the colors move.

Step 3: Place a second piece of construction paper on top of the filter to soak up the extra water. Remove the top construction paper after 30 seconds and let the coffee filter air dry.

Step 4: Once the coffee filter is dry, gather the middle of the coffee filter and twist. Place on tip of a bendable straw or pipe cleaner. If using a straw, tape or staple coffee filter onto straw. If using pipe cleaner, bend pipe cleaner around coffee filter.

If you want flowers to have fragrance, purchase any type of flowery body spray and spray on flowers, just make sure you don't spray too much or it will become overwhelming. Once you have completed your coffee filter flower creation, place flowers in a recyclable container such as; the bottom half of a ½ gallon milk jug then decorate the outside with a picture collage; a plastic drinking glass filled with colored sand; or brown lunch bag with colorful artwork on the outside.



*Kelly Nichols
Extension Program Assistant
4-H, Agriculture & Horticulture
Ohio State University Extension, Washington County, Ohio*



Getting Out to the Farm

Teachers across the country agree farm field trips and visits are one of the best learning opportunities available. In fact, 82% of the kindergarten teachers in Tennessee who completed a recent survey said they are 'very likely' to take their students on a farm field trip. So, it must also be a great opportunity for our Cloverbuds to learn and have fun!

The best time to visit a working farm is from mid-June through the fall season when visitors can do pick-your-own activities at the farm. Taking home a farm grown product can show Cloverbuds the connection between the farm and their local supermarket. Many pick-your-own farms start with berries in early summer and end with pumpkins in October. Some specialty farms will also allow vegetable picking in mid-late summer. Other farms offer a sample of wool or lama fleece for the connection between animals and fiber.

From corn mazes to hay mazes and even goat walks to pig races - a farm visit can also be a great time for activity based learning which is amazingly disguised as play! Organized activities are best for Cloverbud groups whether it is a narrated hayride, a map/question related format for a corn maze or a guided tour of the herb garden. They can learn many social skills while interacting and learning from folks at the farm.

When selecting a farm, visitors should expect to pay a fee for a tour. This usually guarantees the farm is accustomed to visitors and has all safety precautions in place for those visitors.

For a list of farms to visit in your county, check these farm promotion sites: www.farmtomarkets.com; www.ohioproud.org; or www.ouohio.org.

*Eric Barrett
Extension Educator, Agriculture
Ohio State University Extension,
Washington County, Ohio*

Munchies for Meetings!

All foods count when it comes to calories. Make them mean good nutrition too. Choose to eat foods with little added sugar and fat. Plan now to make the foods offered at your 4-H meetings a good balance of good nutrition for your calories.

Offer these foods most often:

- ★ Fresh fruit – try washed cherries, bananas, strawberries (washed and in a big bowl with the stems on), grapes, pineapple (purchase cored and cut into chunks, or slice into quarter circles, leaving the outer covering attached for people to grab and nibble), watermelon wedges, cantaloupe and honeydew chunks (leave the rind on for people to grab and nibble off the fruit)
- ★ frozen fruit pops (100% fruit; not just fruit flavored)
- ★ low-fat yogurts – vanilla flavor makes a good dip for fresh fruit and granola bars; or try yogurt push-ups.
- ★ granola bars – get the crunchy kind; they are usually a higher quality nutrition choice.
- ★ trail mix – you can make your own by mixing equal parts nuts (peanuts, almonds, pecans), dried fruit (raisins, dried apricots, cranberries or cherries, dates), and lowfat granola or popcorn. Or buy it ready-made. Portion it into 3-ounce paper cups.
- ★ GORPP (good ole raisins, peanuts, and popcorn)
- ★ popcorn
- ★ cereal mix (homemade or purchased)
- ★ sugar-free beverages or bottled water
- ★ 100% fruit juice (no – ades, drinks, cocktails, or punches)



There are plenty of opportunities for punch, pop, cookies and cake. It doesn't need to be at a 4-H meeting. Don't use the excuse "The kids won't eat it." If they don't eat something, they didn't need it. Too many calories, even when they are nutritious, are not needed.

*Sharron Coplin, MS, RD, LD
Extension Associate, Food and Nutrition
EFNEP Program Manager
Dept. of Human Nutrition, The Ohio State University*

Campus Connections

Hello again! It feels good to make another 4-H Cloverbud Connection with you!

A number of years ago a 4-H Cloverbud Horse Curriculum was developed and is now available on the state 4-H web site. It was designed within Ohio's 4-H Cloverbud program policies and goals for children age 5 and in kindergarten until age 8 and in the third grade. The material accounts for the developmental needs of children in this age group for promoting overall well-being by empowering young children through successful learning and positive social interaction in cooperative learning and non-competitive environments.



Some of the curriculum activity titles include:

- 1) Making Sense of Horse Senses and Language
- 2) Hoof Beats
- 3) Hungry Horse
- 4) Barnyard Safety

The best way to access this curriculum is through the link to the 4-H Cloverbud resources page:

<http://www.ohio4h.org/youth/cloverbud/cloverbudresources.html>

Check out item #5 for the horse-related material. After testing the PDF file, it prints out better than it appears on the screen.

Thanks

Until next time, take care and have fun. Thanks for all you do as 4-H Cloverbud Leaders for improving the lives of children throughout Ohio!!

*Scott D. Scheer, Ph.D.
State Extension Specialist, Preadolescent Education
4-H Youth Development, The Ohio State University*



Eat Your Veggies

"The most common vegetable foods U.S. kids eat are french fries, ketchup and pizza sauce" according to USDA Pyramid Servings Data, <<http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm>> as published in the Jump Into Foods & Fitness curriculum (2003), Michigan State University Extension, p. 13.

Since fresh vegetables are in season, summer is a great time to encourage Cloverbud children to eat more vegetables. Young children often prefer raw vegetables because they have a milder flavor than cooked vegetables.



Scrub and cut a variety of fresh vegetables and arrange them attractively on a serving plate. Suggested vegetables include: carrots, broccoli, cauliflower, red or green sweet peppers, green or yellow summer squash, cherry or grape tomatoes, cucumbers and celery. Serve with fat free ranch dip.

*Submitted by: Joyce Shriner, Extension Educator, FCS
OSU Extension, Hocking County, Ohio*



Ohio State University Extension

Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

Editors: Bruce P. Zimmer, Extension Educator, 4-H Youth Development, Monroe County, 101 North Main Street, Room 17, Woodsfield, Ohio 43793, Phone - (740) 472-0810, E-mail – zimmer.2@osu.edu; Joyce A. Shriner, Extension Educator, Family & Consumer Sciences, Hocking County, 150 North Homer Avenue, Logan, Ohio, 43138-1730, Phone – (740)385-3222, E-mail – shriner.3@osu.edu.

Design & Production: Jennie Shaw, Extension Office Assistant, OSU Extension, Monroe County.

OSU Extension embraces human diversity and is committed to ensuring that all educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, age, gender identity or expression, disability, religion, sexual orientation, national origin, or veteran status.

Keith L. Smith, Associate Vice President for Agricultural Administration and Director, OSU Extension TDD No. 800-589-8292 (Ohio only) or 614-292-1868. For those with physical disabilities, special arrangements for participating in educational programs can be made by contacting your local Extension Office.